

Outside the Box: Creative Ideas for Common Equipment

Dr. Scott Klungseth, Director
Beresford PRCE

Thinking Outside-the-Box for Standards: Creative Ideas, Common Equipment

Session is designed to help elementary/middle school classroom and PE teachers, and recreation professionals to experience "Out of the Box" activities to integrate hula hoops, scooters, and bean bags in meeting national/state standards. This equipment is common in programs – but many lack experience on how versatile this equipment is. Each activity is designed to help students succeed in all three learning domains. Each lesson has the potential for math, science, or language arts interaction.

Many times in conducting professional development sessions for pre-school and elementary teachers, recreation leaders, and physical education teachers they indicate that they have many many hula hoops but do not know how to teach hula hooping or know other activities to use the hoops for. Additionally, they indicate that they have many scooters and noodles available to them but lack activities to integrate them. Below is a series of activities that can be created for general physical activity or specific physical education lessons. Many of which include standards, spelling, reading, and math lesson integrations. These are only basic descriptions. If you would like further lesson ideas please feel free to contact us at: scott.klungseth@k12.sd.us

Hula Hoop Ring Toss

With or without distance math integration

This is an oversized ring toss game. Place two large cones or boxes at opposite ends of the ring toss area (or if you want a relay put a target only on one end). The class is divided into teams of 4 or 5 players. Each teams starts with 5 or more hula hoops. In order for a team to be finished they must have all of their hoops around the ring or rings. For a math integration activity, place different color cones at different distance levels – each distance is worth differing amounts of points.

Hula Hoop Bean Bag Toss

With or without color math integration

Hula hoops of various colors are spread out throughout the field. Cones are placed along an endline. Students are divided into teams of 2 or 3. Each team receives one bean bag and are placed at one of the cones. When the teacher says "go" the first player on each team throws their beanbag into the field of hoops. If their beanbag comes to rest in a hoop they retrieve their beanbag and bring the hoop back and place it around their cone. The next player then throws the bean bag taking turns until the game ends. If the bean bag is tossed without landing to rest in a hoop the thrower retrieves the bag but does not return with a hoop. Game ends when all hoops have been claimed.

Cross the River

Each student is given two hula hoops with the challenge of crossing a predetermined distance. They must move from one hoop to the other with moving the trailing hoop from back to front to get across the distance. This can be done with more than one person on a team as well or can provide more than two hoops.

Introductory to Jump Roping

This is simply using the hula hoop instead of a jump rope. Rotate the hoop in a circle with you inside the hoop. This can also be done with the hoop rotating from side to side.

Good Morning Sit Ups

Two students sit facing each other with soles of their feet touching in a sit up position. They are holding a hula hoop in between them. The partners alternate doing sit ups while saying good morning as they reach the top

Stationary Targets

Frisbee drills, basketball drills, football drills, pitching drills

Moving Targets

Toss through rolling hoops

Student running or on scooter for moving target (football)

Hula Hoop Tininkling

Side to side to front and back

One hoop to two hoop

Four hoop diamond to one hoop circle

Thread the Needle

In this contest, the members of each team join hands in a circle with a hula-hoop hanging from one person's arm. When play begins, the person with the hoop must step through it and pass it to a neighboring player without letting go of her teammate's hands. The next player does the same thing. The team that gets the hoop back to the starting player first wins. This game is great because a wide variety of ages can play. The game is more challenging when students of various heights have to work together to move the hoop from one person to another.

Hula Hoop Round Up

The object is to lasso an object and pull them over the end line scoring as many points as possible in the designated time limit. Set up the targets a good distance apart. Each team or individual player receives a lasso (a hula hoop with a rope tied to it long enough to reach the farthest box) and stands behind the end line. On a signal, the players attempt to lasso the boxes and pull them back across the line. Points are indicated on the targets. Players continue to pull targets across the line until the time limit is up.

Hula Contortion

The object is to go through the maze of hoops using designated movements. Need to divide the class into small groups of five to ten children. All kids except for one in each group need a hula hoop. Each person in the group with a hula hoop needs to arrange themselves and their hoops in an unusual position. When the instructor says "freeze" the children must hold their position. The student who does not have a hoop must go through all the hoops using different movements such as crawling, rolling, and going backwards. Each child should get an opportunity to go through the hoops.

Space Shuttle Relay

First and second players run together inside the hoop and go around a turning cone. After they have turned around, they return to the team. The first player drops out and joins the end of the line. The second player picks up the third player and runs together to the turning cone. They proceed around, and back. The second player drops out and the third and fourth player run together around the cone and pick up the next player. The game continues until everyone on that team has had a chance to be in a cone twice, working with a partner. This game teaches sequencing and hand-eye coordination.

Hooping and Hopping Tag

Hooping and Hopping is a game of tag with players hopping after one another. To play the game children must have the balance and coordination to hop on one foot for relatively long periods of time. Players and the tagger can only move amongst the hula hoops with two foot jumps. If a player is tagged by the “IT” person they must hop on one foot inside the hula hoop until the safety patrol can tag them. Safety patrol cannot ever enter a hoop.

Hula Maze Challenge

Hula hoops are arranged into a 5x5 or larger maze. The instructor develops a predetermined path through the maze. A team of students must determine the prearranged path and get their entire team to the finish line. Each time a teammate makes a wrong move they must move to the end of the line. Teams are competing against a predetermined challenge amount of time. The entire team must get through the maze to stop the clock.

Musical Fitness Hoops

Scatter hoops around gym with index fitness cards inside hoops. Students move freely from one hoop to another. When music stops, each student goes to a hoop and reads the fitness card. One student is selected to roll the dice. Whatever the math problem comes up on the dice students will perform the activity listed on the fitness card. If there are two sixes rolled for example: $6+6=12$, students will perform twelve of that particular activity. Some examples of fitness cards include: jumping jacks, crunches, mountain climbers, sit-ups, push-ups, running in place, skipping in place, and free choice.

Hula Hoops Sit Down-Stand Up

Two partners stand back to back inside a hula hoop holding the hula hoop at chest height. The partners need to sit down together while remaining back to back and the hoop at chest level and then stand back up.

Hula Hoop Basketball

Students are placed in teams of 4. Two students stand inside the hula hoop and are placed inside the rectangle between the volleyball court 10 ft. line and center court line. Two other students are on the baseline with a stack of bean bags. On the teacher “GO” the students on the baseline take turns throwing the bean bags to the students inside the hula hoops. Go for 1 or 2 minutes. Every time a bean bag goes through the hoop their team scores a point. Students in the hoop may not use their hands.

Scooter Basketball

Scooter Ring Toss

Scooter/Noodle Relays

- a. Feedbag
- b. Purse
- c. Suitcase
- d. Shopping Cart
- e. Roller Coaster Car
- f. Head Band

Scooter Cage Ball and Kin Ball

Run and Roll

Place a hula hoop on the ground for one partner to stand inside. The other partner stands beside the hula hoop and rolls the hula hoop across an open space. The partner standing in the hoop runs to catch the hula hoop before it falls to the ground and brings the hula hoop back to its original spot. Partners take turns rolling and running to catch the hoop.

Through the Hoop

Form a single file line of several children. Give the first child in the line a hula hoop to hold over their head. Children will pull hula hoop down over their bodies and then give the hoop to the next person in line. Time the activity and see how fast the hula hoop can move through the line.

Obstacle Course

Set up an obstacle course for use with the scooters. Gym equipment works well to create the obstacles. Set up a row of cones, requiring the students to weave back and forth through them. Use a high jump bar or limbo stick as an obstacle which the students must go under without knocking it over. Place jump ropes across the path, forcing the students to go around them. Invite the students to suggest other items as obstacles.

String Shapes, Numbers, Cursive Writing

Break class into groups of 4-6 with each group receiving a long 8-10 feet piece of string, yarn or long jump rope. The teacher randomly calls out various shapes, numbers, letters, or words and each group has to work together to manipulate their piece of string to complete that particular object.

Challenge Tarps

Utilizing simply utility tarps of various sizes or colors. Have a group of students -usually 4 to 6 students per group – stand on a tarp. The teacher will call out various shapes and each group must work together to manipulate the tarp in to that shape without leaving the tarp. This can also be done with some numbers or various methods to move across a space can be integrated.

Pheasant Hunt

Math Integration PE Worksheet Grades 3-5

Use the formula below to determine your final score for the activity

Blue bean bags: 2 points each x _____ (number of bags) = _____

Green bean bags: 3 points each x _____ (number of bags) = _____

Yellow bean bags: 4 points each x _____ (number of bags) = _____

Purple bean bags: 5 points each x _____ (number of bags) = _____

Red bean bags: 6 points each x _____ (number of bags) = _____

Total Points= _____

Math Tic Tac Toe

Put number cards up on the wall (heights on the wall can vary). Place cones approximately 15 ft. from the wall in front of the number cards (distance can vary based on ability). Place students in groups of 2 or 3 at each cone. Have several math problem cards at each cone. The students need to read the math problem cards one at a time and solve the problem with their partner. Once they feel they have the answer they need to throw a balls at the cards on the wall until they hit the correct answer in the correct order. Once they hit the correct answer they move on to the next card.

Tiger Tails

Each student gets a scarve that is placed in the students pocket (waist band if no pockets). This is basically a version of a everybody against everybody tag game. On the word “go” everyone try’s to take other player’s tails while protecting their own tale. If a student loses his/her tale they must go to the tiger cage (hulu hoops on the side) and complete jump jacks or some other fitness activity to return to the game. The teacher controls how the students move during the game (hopping, jumping, running, sliding, etc....) change movement styles about every minute.

Poacher and Tiger

Groups of three by colored scarve. This is a variation of a 3-person tag game. One person is the tiger, one person is the tiger protector, one person is the poacher. The poacher is trying to steal the tigers tale, the tiger protector helps the tiger protect his tail. The tiger protector hold both hands with the tiger and move in a circle trying to prevent the poacher from getting the tigers tail by moving around them to grab the scarve.

Resistance Band Slingshot Bowling

Materials needed are a resistance band, bean bag , and something for bowling pins (actual pins, cones, red solo cups, etc...) Split students into groups of three. Teams are placed about 20 ft from the bowling pins. Each

team gets a resistance band and a bean bag. Two teammates hold the resistance band creating a sling shot and the third person launches the bean bag at the bowling pins. You can integrate math problems or science (physics) into the activity as well.

Fitness Bowling

Materials needed are bowlings pins (or something to simulate bowlings such as cones or red solo cups), various objects to use as bowling balls (can be throwing, kicking, tossing, various types of objects). Put students in groups of two or four (can use odd numbers if needed). One student is the pinsetter and takes place behind the bowling pins – the second group member is the bowler and stands at a cone about 20 ft (distance can vary) from the bowling pins. Each bowler gets to bowl three attempts before switching with the pinsetter. After each attempt the pinsetter needs to perform a physical activity (such as 10 jumping jacks for each pin knocked down) each time then reset the pins and repeat. After three turns they switch ends.

Turkey Round Up	
State Standard: 1, 3	
Equipment: Beanbags, 4 hula-hoops, 1 gymnastics mat, 3 noodles	Grade: K-5
Purpose of Event: Warm up; tagging, fleeing, dodging	
Time: 15-20 minutes	
Description: Tell the students that they will be Turkeys or Farmers, and both are very hungry! Select 3 students to be Farmers and give them noodles. The rest of the students are Turkeys, and the game will start with them inside the Turkey Pen (large black circle). It is the job of the Farmers to protect the Turkey Feed (bean bags) in hoops in four corners of the gym (which are also free zones for the turkeys). The Turkeys are hungry, so they are going to attempt to leave the Turkey Pen, steal some turkey feed, and make it back to the pen without getting tagged by the Farmer. Farmers are not allowed to enter the Turkey Pen. If the Farmers tag a Turkey, the Turkey must go to the dinner table and stand on a place mat (gymnastics mat by the bleachers). To escape the Dinner Table, the Turkey must wait until another free Turkey sneaks	

out of the pen, grabs their hand, and takes them back to the pen. If they get caught or drop hands before they get back to the turkey pen, both turkeys go back to the dinner table. The game ends when all the Turkey feed has been stolen or all the turkeys are on the dinner table. I take no more than 3 minutes to finish each round. Have the farmers put the food back into the hoops, pick new farmers and you are ready for the next round!

Hoops and Bean Bags (One on One!)

National PE Standards: 2 & 3

Equipment: Enough Hoops for each student and Bean Bags so that every set of partners has one bean bag, Music; Requires little space

Grade:3+

Purpose of Event: Blocking, Hand/Eye Coordination, Hitting a Target; Fun, quick game

Time: 5-30 (the longer we play, the more often I change partners)

Description: Hoops are 2-3 feet apart in a double row. Have the students stand in a hoop.

One person starts off with the bean bag, when the music plays they try and toss it into their partner's hoop. The partner tries to block/catch the bag without letting it land on/in the hoop. Then, they throw the bag back at the partner's hoop. If the bag slides out of the hoop, it is not a point. It must stay on or in to count as a point. If it is too close to tell, rock-paper-scissors or re-do. Remind kids if they throw too hard, it won't stay in the hoop.

Rules:1: feet cannot be together in the front of the hoop, can be any way/place else in or/on the hoop; feet must stay on the floor (no kicking) Rule 2: Knees cannot touch the ground Rule 3: Your behind can't be lower than your knees

We play for about 1 min. turn off music and then give the bean bags to one side, and I have the other side switch partners (the move one person to their left, last person moves to the other end of the line). Switching partners often allows everyone a chance to have a little success and I find it stops arguing.

Add Math: Count your points, by even/odd numbers

Concerns: I use "flat" hula hoops, so they can stand on them. Be careful of hoops sliding. Be cautious of kids throwing too hard.

Pins and Bean Bags

National PE Standard: 1, 3

Equipment: One Bowling pin and One bean bag

Grade: 3+

for each student	
Purpose of Event: Hand eye coordination, striking, throwing, blocking, quick movement	
Time: 10-20 minutes	
<p>Description: Fast pace, quick game, Everyone gets one pin and one bean bag. Each player places the pin on the floor in the playing area (I use about 1/2 a basketball court for 22 kids). Students may guard their pin if they have a bean bag in their hand, they may only have one bean bag at a time. The objective is to throw a bean bag at other people's pins and knock them over. You have to throw from your pin, and once you have thrown, you need to pick up another bean bag, so that you can guard your pin. Remember, you have to have a bean bag to guard your pin.</p> <p>If your pin gets knocked over, go to the side line and do 5 exercise (I write: 5 jumping jack, 5 bell jumps, 5 sit ups, 5 pushups on the board.) Once 'out' they do 5 jumping jacks, then they can do to get back in. The next time they are out they do 5 bell jumps and are back in; after pushups, start back with Jumping Jacks again.</p> <p>I let them pick a new "spot" when they re-enter the game. This is the only time they can move their pins.</p> <p>Variation at the end of class: Sometimes when we get down to the last 2-3 minutes of time, I do an "eliminator", once your pin is down, you are out. Shrink the space down as students get out. I only do 1 eliminator and it is the last thing we do. Kids love it, and it moves quickly.</p>	
Concerns: make sure throws stay low	

Crazy Cones	
National PE Standard: 3	
Equipment: Mini cones, one for each student (or more) music	Grade: K-2
Purpose of Event: Quick movement game, listening skills,	
Time: 5-10 minutes Warm Up	
<p>Description: Divide class in half, 1/2 of the students goal is to flip the cones upside down and the other 1/2 of the students goal is to flip the cones right-side up. When the music plays, flip cones, when it stops, they go back to their spots. Limit the number of time one student can touch a cone to 1-2 to avoid guarding/cheating. We play for 45 seconds to 1 min and then stop and count cones flipped in each way. We switch teams</p>	

often. You can also have the students do locomotor skills between flipping cones.
Add MATH: $\frac{1}{2}$ the class is even, they want cones right-side up, the other $\frac{1}{2}$ is odd, they want cones upside down.

Concerns: Spread cones out, so no heads are bumped

Toe Tag

National PE Standards: 1, 3

Equipment: a bean bag per student

Grade: K+

Purpose of Event: Work on throwing, and lots of quick movement, great for heart rate increase, quick lateral movements

Time: 5-15 minutes

Description:

Each student has a bean bag, and throws their bean bag at everyone else's toes! They can have a point each time they hit some ones toes! I count any part of the shoe as a "toe". But remember, watch out! Everyone else is aiming at your toes, so keep moving!

I switch often, everyone against everyone, one color of bean bag against another, boy against girls, Nike against Adidas, etc.! The more you switch, the more they will love it! Plus, they will need a break! This game is a work out!

Add Math: count how many tags you make, find the class average, take your score times 2, etc.

Concerns: Kids who forgot tennis shoe (in flip flops) should be cautious!

Hoop Warm Up

National PE Standards: 1, 2, 3

Equipment: Enough hoops for at least, one per student & Music

Grade: K-3

Purpose of Event: Check for listening skills, following directions, knowledge of left/right, locomotor skills; opposites (right hand/left foot etc.) personal and general space

Time: 5-15 minutes

Description:

Scatter hoops around playing area, one student in each hoop. When the music starts, the students move around the area performing the following tasks: (also call out locomotor and non-locomotor skills, so they know how to move from hoop to hoop).

1. Move around the area without touching any hoops
2. Step inside as many hoops as possible with one foot
3. Step inside as many hoops as possible with both feet at the same time (jump)
4. Touch inside as many hoops as possible with one hand
5. Touch inside as many hoops as possible with two hands
6. Touch inside as many hoops as possible with one hand and one foot at the same time
7. Touch inside as many hoops as possible with both feet and both hands at the same time
8. Jump inside a hoop and lift it up and over your body, then place it back on the floor and go to another one
9. Pick up a hoop, put it over your body, then drop it and run out of it to another one
10. Do a coffee grinder (put one hand in center of hoop, run around hoop one time) and go to another
11. Jump (two feet) in, out, in, out, then move to another hoop
12. Do everything above with a partner
13. Come up with your own way to moving around, in, or through the hoop
14. Do everything above while dribbling a ball
15. Right hand and left foot in a hoop
16. Left hand and right foot in a hoop

Add Math: count how many hoops you touch, count how many body parts you can get in a hoop at once,

Add Letters: body parts that start with E (elbow) put in a hoop, F (fingers), K (knees) put in a hoop!

Concerns: Be careful, hoops can slide on the floor! Don't step on them!

Hula Hoop Warm Ups

National PE Standards: 1, 3,

Equipment: Hula Hoop per student

Grade: K-3

Purpose of Event: Warm up, movement

Time: 5-10 minutes

Description:

Movements:

Washing Machine: Hold hoop tightly against back waist high while standing inside. Without

moving the feet, turn side to side.

Pretzel: Hold hoop in front of body and twist from side to side

Touch Down: Hold Hoop above the head, bend over and touch the hoop flat to the floor

Dropper: Hold hoop above the head and drop around body without it touching body

Kicker: Hold the hoop with 2 hands in front of the body; shoulders parallel to the ground. Alternate kicking legs to touch the hoop.

Stretcher: stand hold hoop overhead, stretch from side to side

Egg Beater: Spin hoop at your side

Hula Hoop: Hula Hoop with it around waist, neck, arm, leg, whatever

Walk the dog: roll it and walk beside it

Come Back: Roll and Flick wrist so that the hoop comes back to you

Exercise:

Jumping Jacks: Stand inside hoop and do jumping jacks

Jump Rope: Use hoop as a jump rope

Push Ups: hand (or feet) inside hoop

Line Walkers: Push up form, walking hands in and out of hoop

Mt. Climbers: Push up form, moving feet in and out of hoop

Crab Push Ups: Crab form inside hoop

Vertical Jumps, Bell Jumps: Do inside or over hoop, or hold hoop over head for these

Concerns: Don't step on hoop! Will slide on the floor!

Speedy Shapes

National PE Standards: 1, 3

Equipment: Music, Cards with shapes on them

Grade: K-1

Purpose of Event: Movement in general/personal space; Body awareness

Time: 5-10 minutes

Description:

Assign each student a partner, when music plays, have students move (can use locomotor skills) around the general space. When music stops, find their partner and make the shape/letter/number with the partner that is shown on the card the teacher is holding. Shape/letter/number can be also drawn on a marker board.

Concerns: Move safely in general space

Deck Tennis Rings

National PE Standards: 1, 2, 3,

Equipment: Deck Tennis Ring for each student,
Bean Bags

Grade: K-2 (could be done with kindergarten, I
choose to do only 1-2)

Purpose of Event: Work on Skills of throwing/catching, hand-eye coordination;

Time: Various activities below, some my last only 1-2 minutes, others 10-15 minutes

Description: Add Math by counting: catches, throws, jumps, etc. Or say Alphabet letter for each catch

	Tossing and Catching Challenges (I do with Deck Tennis Rings, but could also be done with bean bags, or about anything)
Day One	Day one takes about 10-15 minutes, 2nd graders can get to a little more
grade 1 & 2	Toss with one hand, catch with two
grade 1 & 2	Toss and Catch with one hand
grade 1 & 2	Toss and catch with other hand
grade 1 & 2	Toss and Catch alternating hands
grade 1 & 2	Toss-Clap-Catch
grade 2	Toss and Catch Medium/High/Low (add clap or alternating hands)
grade 2	Toss and Turn Around and Catch (add Medium/High/Low, or clap or alternating hands)
grade 2	Toss and Catch your Deck Ring while walking; running; skipping; walking; walking backwards; etc.
Day Two (grades 1 & 2)	Other Challenges
	Deck Ring Flips: Flip deck ring in air and catch with two hands, catch one hand, both hands,

	Footsie: Place ring on one foot. Toss the ring up with the foot and catch
	Rocker: Lay down, back flat on the floor with the ring about 6" from head. Lift legs up over head and touch the ring with feet...can you grab ring with your feet?
	Ringer: Hold the ring in one hand and gently toss it up. Spear Ring with hand to catch
	Spin Jumps: Spin on floor, jump over until deck ring stops
	Deck ring Tricks
	Put ring between feet, jump to catch: ring "flat" or "up-right"
	Toss flat and catch it over foot
	Toss and catch under leg
	Spin and Grab: Spin ring on floor and grab it before it falls over
	Juggle two rings
	Invent own stunt
Day Three (grades 1 & 2)	Partner
	Partner Overhead Pass: lie on backs with heads touching. One partner, hold ring between feet. Grasp partner's wrists, swing legs overhead and pass ring to partner's feet.
	Deck Ring Flip: Stand facing partner. Hold ring between feet and flip it forward to partner; then flip side wards, backwards, and overhead; (1st grade do forward only)
	Crab Flips: One partner in crab walk position, flip ring from foot, overhead to partner
	Deck Ring Spear: One partner toss the deck ring up and toward partner. Receiving partner reach out with one arm and try to spear the ring.

	By Self
	Roller: Roll Deck Ring on floor with palm and fingers behind pointing downward and push away with pointing finger
Day Four (grades 1 & 2)	Bean Bags and Deck Ring (By self or with a partner)
	Drop bean bag into deck ring on floor; from a few steps away, score points if you like
	Hold bean bag in one hand and deck ring in other. Toss bean bag and "catch" bean bag with the ring
	More Rolling Tricks!
	Roller & Picker: Roll Deck Ring on floor with palm and fingers behind pointing downward and push away with pointing finger run after it and pick it up before it tips over! Pick up with one hand then other
	Roller & Jumper: Roll Deck Ring on floor with palm and fingers behind pointing downward and push away with pointing finger; Jump over ring while it is rolling, how many times before it stops rolling?
	Roller & Scooper: Roll Deck Ring on floor with palm and fingers behind pointing downward and push away with pointing finger: run beside it and scoop it up with your foot!
	Roller Racer: Roll Deck Ring on floor with palm and fingers behind pointing downward and push away with pointing finger, roll from one end of the gym to the other, roll ring and see where it stops!
	Deck Ring Games:
	Bean bag Basketball: partners stand facing each other 3-4 giant steps away. Try to catch the bean bag through the deck ring
	Bean bag Horseshoes: Each partner had a bean bag. Stand about 20-30 feet apart. Place the deck ring between, use underhand toss, see which partner can toss the bean bag closer. Play to five points and then trade partners and play again.

	<p>Kill the SNAKE: each player has a bean bag and a deck ring and scatter around area; The deck ring is the snake. Everyone, roll 'snake' forward along the floor. Run after it and hit your Snake by tossing your bean bag at it. If missed, get bean bag and try again until you have 'killed' the snake; then start over.</p>
	<p>Snake Pitt: each player has a bean bag and deck ring; then scatter in area. Everyone rolls snake forward along floor. On signal "HIT" hit as many snakes as you can with bean bag. If you miss, quickly retrieve bean bag and try again. Continue until all snakes are still. Repeat.</p>
<p>Concerns: Be cautious when you throw ring in the air! What come up most come down!</p>	

Hoop Tag

Grade Level: K-3

Organization: Scattered formation.

Equipment:

- One hoop for each player....use a variety of colors
- Lively music.

Activity:

- Designate one color of hoop to be "it"...3-4 players.
- On the signal, all players begin moving around the room shuffling their feet inside of their own hoop.
- Players who are "it" move in their hoops and attempt to touch another player's hoop with their "poison hoop". These two players then change hoops.
- Play for a designated amount of time.
- When time is up, any player not in a "poison hoop" scores 1 point.
- Repeat activity several times.

Variation:

- Carry a colored ball to designate who is "it".
- Play using only one foot in a hoop.



HULA HOOP CARS

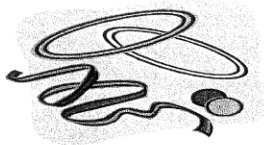
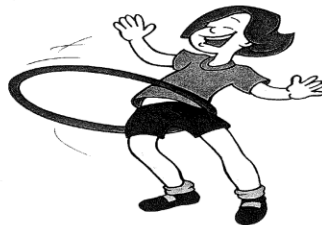
Grade Level: K-1

Organization: Scattered formation holding a hula hoop.

Equipment: 1 Hula Hoop per student, any music that pauses during the song.

Activity:

- This activity reinforces the concept of moving safely and self-space.
- When the music starts, move forward.
- When the music pauses, move backwards.
- Assign different locomotor movements as the music pauses from backward to forward directions.
- This activity is fun, easy and effective.



Hula Hoop Fitness:



Equipment: Hula Hoops (1 hoop per student)

Procedure: Spread hula hoops out on the gym floor. Have the students stand inside the hula hoop. Give them a fitness task to perform while moving in general space (skipping, galloping, running, hopping, walking etc...). Students will keep moving until they hear the teacher blow the whistle. They will quickly find a hula hoop and perform the task that goes along with the number of whistles blown.

- One whistle = jumping in and out of the hoop.
- Two whistles = run around the hoop
- Three whistles = jump rope with the hoop
- Four Whistles = hula hoop.

Use a long whistle to signal for the students to freeze. Give them a new fitness task to perform. Repeat as desired. This can be a great warm-up activity to use with elementary students.

Fitness Scrabble

Children will be split up into 5 teams. Teams will line up behind the end-line. At the other end of a gym, there will be a hula hoop for each team, containing cards with all of the letters of the alphabet, and twice as many vowels. Each card will have a "point value" in the bottom right-hand corner, much like the tiles in the "Scrabble" board game.

The teacher can ask the students to:

- Spell a three letter word
- Spell two three letter words
- Spell a four letter word
- Spell two four letter words
- Spell a five letter word
- Find initials of players in group
- Pull numbers and add points

The teacher simply must use their imagination on how they want the students to use these cards. However the teacher chooses to teach this lesson, cross-curricular learning will be taking place. If the teacher desires to add somewhat of a competitive feel to the game, the teacher can have the students add the points per letter.

Rules:

- One student runs, walks, skips, hops, gallops, etc. down to the hula hoop. The student may only pull one letter per turn.
- The student will then head back to their team, and tag the next person in line.
- If a team has an undesirable letter, a teammate may return this card to the hula hoop and exchange it for another card during their turn.
- The team must organize the letters in order to spell a word. This is probably best done by setting the letters on the ground behind the team.
- This will continue until the hula hoop is empty, or a team alerts the teacher that a word has been spelled.

Students will be able to work on their physical fitness, spelling capabilities, mental math, organizational skills, and teamwork all within this single lesson plan.

Action-Based Learning Content Cards

💧 Shapes and Colors

💧 Understanding Geometry

💧 Numbers

💧 Greater Than Tag

💧 Cleaning up Your Room

💧 Parts of Speech

💧 Group Posse Tag Format Game

💧 High Frequency Cards

💧 Wonderful Words

PERCEPTUAL-MOTOR ACTIVITIES FOR CHILDREN

Perceptual-Motor Activities for Children: An Evidence-Based Guide to Building Physical and Cognitive Skills presents a proven blueprint for building perceptual-motor skills in children from preschool through elementary grades. It offers 200 station activities that you can use in a 32-week sequential program (in four eight-week segments) or that you can use independently for targeted skill development.

You also receive a web resource that aids you in implementing the program and activities. The online resource includes

- ◆ printable cards to help you set up and monitor all the activities;
- ◆ extra activities not found in the book;
- ◆ customizable record sheets that you can use to efficiently screen students;
- ◆ audio tracks to keep children moving from station to station; and
- ◆ full-color active learning cards to be used in the activities.

Perceptual-Motor Activities for Children will help you guide children in developing lateral skills, balance, positive body image, tracking skills, spatial relations, locomotor skills, and manipulative skills. In doing so, children will improve not only their physical skills but their emotional, social, and cognitive skills as well.

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Human Kinetics

Football 21

State Standard: 1, 2, 3, 4

Equipment: Groups of 3-4, ball for each group

Grade: 3+

Purpose of Event: Work on Skill of throwing, catching, adding, throw a football at a moving target

Time: 10-15 minutes

Description:

Divide class into groups of 3-4, and line them up at one end of the gym. I use the volleyball court, one serving line is the starting line (line of scrimmage) The volleyball court can be easily divided into 3 zones, 1-2-3, each zone is "worth" that many points (i.e. zone 1=1 point, zone 2=2 points and so on).

The first person is the one that will run out and catch the pass, person number 2 will throw and person number 3 (& 4) counts the points. Each team adds up the points every time they catch a ball in at zone. I also allow a point for "touching" the ball and not catching it. I have the teams add up points until they get to "21". When a team reaches 21 they sit down with their team and all play stops. I have the teams start again at zero, but give them new goals. The goals depend on how many points they scored last time, i.e. teams with 10 or fewer points, try for 10 this time, teams that got more than 10 points, but not 21, try for 15, and the team that reached 21, try for 25. You can use any point system or point challenge that works. Any time a team doesn't reach the point goal, move the point goal down so it is obtainable, and they have a chance to be successful.

Concerns: Run the ball back don't throw it. Run straight out and back, to prevent collisions.

This idea is from:

Perceptual Motor Lab Mat Examples



Academics and Physical Activity Resources

- ◆ <http://www.activeacademics.org>
- ◆ FuelUpToPlay60.com
- ◆ www.genyouthfoundation.org
- ◆ www.letsmove.gov
- ◆ www.pyfp.org
- ◆ docs.schoolnutrition.org/SNF/BIC/
- ◆ <http://www.fns.usda.gov/tn>
- ◆ www.fns.usda.gov/tn/healthierus/index.html
- ◆ <https://www.healthiergeneration.org>
- ◆ www.sparkpe.com
- ◆ www.befit2learn.com
- ◆ www.schoolsalive.com
- ◆ <http://geomotiongroup.com>

Make a Rubber Band Jump Rope

https://www.youtube.com/watch?time_continue=10&v=dVMgpb0BURU

Chinese Jump Ropes

<http://perocks.com/gpage3.html>

Spooner Boards

<https://www.spoonerboards.com/>

Transitioning From Space to Space

Angry Birds for Snowballs

Up, Down, Under, Over

Set Up: One larger Hula Hoop for every 3 or 4 students.

The Game: This Hula Hoop game is for a group. Have 3 or 4 students stand inside a large hula hoop, holding it at a waist level without using their hands. Challenge them to wiggle the hoop up to their necks or down to their ankles without using their hand, or to all move from inside the hoop to outside without grabbing it or letting it touch the ground.

Academic Integration:

Hoop-Scotch

Set Up: 10 hula hoops per hopscotch set up

The Game: Lay the Hula Hoops out in a pattern similar to a hopscotch game. The game is played the same as hopscotch. Hopscotch rules can be found at: <https://www.parents.com/fun/activities/hopscotch/>

Academic Integration:

Hula Hoop Home Base

Set Up: 2 hula hoops and 4 beanbags for each pair of students

The Game: Hula Hoops make for great home bases for many variations of tag games or baseball/softball style games. One specific variation can be: Place two hoops about eight feet apart -- this distance can be changed based on developmental level. Each student should also receive one or two beanbags. The goal is for the students to toss their bean bag(s) into their opponent's hoop while at the same time preventing their opponent's bags from landing in their own hoop. To do this they can use their hands, feet, or any other part of their body to deflect the incoming beanbags.

Academic Integration:

Hula Hut Relay

Set Up: Multiple sets of 6 of the same sized hoops. Creating a individual hut requires 6 similar sized hoops. Before the activity begins, you should demonstrate how to build the hula hut to your students. Place one hula hoop flat on the ground – this will be the hut's foundation. Next, stand two hula hoops up on the inside of the foundation, but on opposite sides. Lean the tops of the hoops at 45 degree angles until they touch. Next, do the same with two more hula hoops (stand them up on the inside of the foundation) but from opposite sides of the first two hoops. Then, lean the tops of these two hoops together at a 45 degree angle over the tops of the first two. Next you will place the last hula hoop (the roof) over the others (the walls) to hold them in place.



The Game: Once students understand how to make a Hula Hut there is a wide range of relays that can be created utilizing the huts.

Basic Option: Simply a race for a team of 2-5 students to run a certain length of the gym to a set of 6 hoops and then utilize the hoops to create a Hula Hut and then race back.

Option 2: Same as base option but students need to race to complete multiple huts.

Option 3: Half of your team runs out and builds a Hula Hut and then returns. When the builders return, two additional teammates run out to the Hula Hut and must crawl through the Hula Hut without it fall apart and then return to their team.

Option 4: All but one team member runs out and builds the Hula Hut or multiple Hula Huts in a row. Then the team returns to the start and then assists the last team member (this person is blindfolded) and they guide the blindfolded team member to the Hula Huts and then provide verbal instructions to assist the blindfolded teammate to crawl through the Hula Hut or row of Hula Huts without knocking them over.

Option 5: Teams work together to build double decker and/or multi-level Hula Huts

Option 6: In this relay a team must run a certain distance to where there are six hula hoops and a couple of boards. The team must build the Hula hut on top of the boards. Once built the team must pick up the boards and transport the Hula Hut back to the start without destroying the Hula Hut.

Academic Integration: Typically none

Hula Hut Tower

Set Up: Multiple sets of 6 of the same sized hoops. Creating a individual hut requires 6 similar sized hoops. Before the activity begins, you should demonstrate how to build the hula hut to your students. Place one hula hoop flat on the ground – this will be the hut’s foundation. Next, stand two hula hoops up on the inside of the foundation, but on opposite sides. Lean the tops of the hoops at 45 degree angles until they touch. Next, do the same with two more hula hoops (stand them up on the inside of the foundation) but from opposite sides of the first two hoops. Then, lean the tops of these two hoops together at a 45 degree angle over the tops of the first two. Next you will place the last hula hoop (the roof) over the others (the walls) to hold them in place.



The Game:

Academic Integration:

Hula Hut Throwdown

Set Up: Multiple sets of 6 of the same sized hoops. Creating a individual hut requires 6 similar sized hoops. Before the activity begins, you should demonstrate how to build the hula hut to your students. Place one hula hoop flat on the ground – this will be the hut’s foundation. Next, stand two hula hoops up on the inside of the foundation, but on opposite sides. Lean the tops of the hoops at 45 degree angles until they touch. Next, do the same with two more hula hoops (stand them up on the inside of the foundation) but from opposite sides of the first two hoops. Then, lean the tops of these two hoops together at a 45 degree angle over the tops of the first two. Next you will place the last hula hoop (the roof) over the others (the walls) to hold them in place.



The Game: This game can be played as an integration for a wide variety of sports (basketball, soccer, throwing into a target, etc....)

The objective of the game is to have the most hula huts standing after the time limit has expired. In the game there are 5 student positions.

1. Scorer - shoots baskets to score hula hoops
2. Builder - builds hula huts once their team scores 6 hoops
3. Destroyer - tries to throw a ball and knock down the opposing teams huts
4. Protector - protects the huts from being knocked down
5. Gatherer - gathers balls from the other side for Scorers and Destroyers

The game has a couple of Key Rules:

1. No guarding the baskets/trashcans/goals or whatever scorers are throwing the ball into
2. Any time you step over the midline when throwing = 60 seconds in the penalty box

Academic Integration: Typically none

Poison Hoop

Set Up: The equipment needed is hula hoops of at least 3 different colors, 1 hoop per student. Lay the hula hoops out in general space so each student has one.

The Game: To begin, each student stands inside a hoop. On the signal to begin, players shuffle their feet and gently tap the hoop to move around the playing area. Players should keep both feet inside the hoop at all times.

Designate players with a particular color hoop (e.g. red) as “poison”. Poison hoop players shuffle their hoop and chase other players attempting to touch their poison hoop to as many other hoops as possible. A player touched by a “poison hoop” become “ill” and must sit down inside their hoop.

Academic Integration:

Hula Hoop Twister

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up:

The Game:

Academic Integration:

Boomerang Hoop

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up:

The Game:

Academic Integration:

Hoop Tag

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up:

The Game:

Academic Integration:

Hula Hoop Rescue

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up:

The Game:

Academic Integration:

Hulu Hoop Four Corners

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up:

The Game:

Academic Integration:

Through the Hoop

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up:

The Game: Form a single file line of several children. Give the first child in the line a hula hoop to hold over their head. Children will pull hula hoop down over their bodies and then give the hoop to the next person in line. Time the activity and see how fast the hula hoop can move through the line.

Academic Integration:

Obstacle Course

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up: Set up an obstacle course for use with the scooters. Gym equipment works well to create the obstacles. Set up a row of cones, requiring the students to weave back and forth through them. Use a high jump bar or limbo stick as an obstacle which the students must go under without knocking it over. Place jump ropes across the path, forcing the students to go around them. Invite the students to suggest other items as obstacles.

The Game:

Academic Integration:

Scooter/Noodle Relays

SHAPE America National PE Standards met:

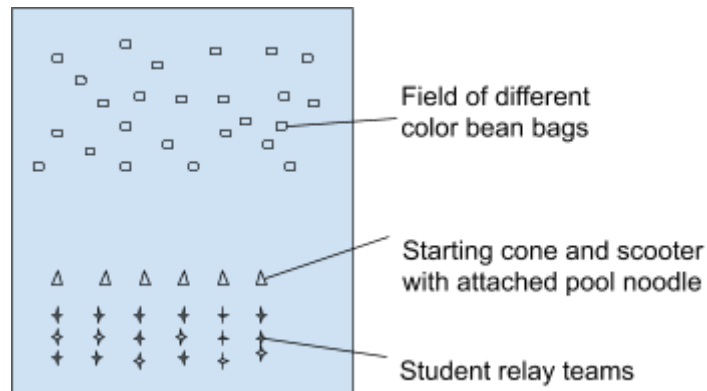
Standard 1; Standard 2; Standard 3; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Set Up: Typically done in teams of 3 or 4 students at most to limit the time waiting in line. Each team will need a scooter with handles and a pool noodle stuffed into both handles and a cone for each team as a starting point. You will need a large number of bean bags of various colors. The bean bags are randomly thrown out in the field of

play. A cone is placed at a starting point for each team along with the scooter with pool noodle attached.



The Game:

1. Feedbag
2. Purse
3. Suitcase
4. Shopping Cart
5. Roller Coaster Car
6. Head Band

Academic Integration:

Hula Hoop Rock, Paper, Scissors Team Challenge

SHAPE America National PE Standards met:

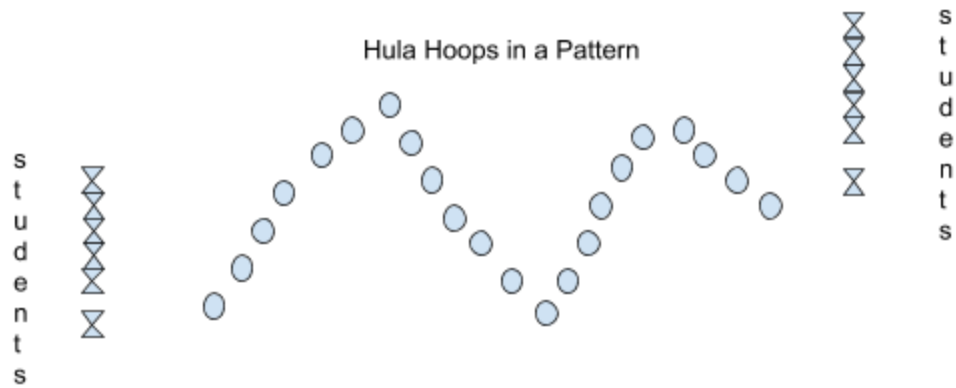
Standard 1; Standard 2; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

Math, Science, Language Arts

Set Up: Typically done with two equal number teams and 20-30 hula hoops in some type of line pattern on the gym floor or outdoors. It is suggested to utilize multiple courses to maintain team sizes of 5-7 students or less if possible to reduce amount of time standing around. If larger team it is recommended to have some type of physical activity for those standing in line waiting their turn.



The Game: The ultimate goal for a team member to be able to jump from hoop to hoop and successfully reach the other teams starting hoop. To start the game one team member from each team begins jumping from hoop to hoop. When the jumpers from both teams meet they play one round of Rock, Paper, Scissors. The winner continues on jumping towards the opposite team's start. The loser returns to the end of this teams line. As soon as the loser leaves the hoops, a new team member begins jumping from the start line. When they meet the opposing team player a new round of Rock, Paper, Scissors occurs. This pattern continues until one team reaches the other teams start hoop.

Academic Integration: Typically none but students in line could be doing math flash cards, spelling words, science activities, etc... while standing in line waiting for their turn.

TABLE BALL

SHAPE America National PE Standards met:

Standard 1; Standard 2; Standard 3; Standard 4; Standard 5

SHAPE America National Health Education Standards met:

Topics in Academic Integrations met:

VARIATIONS ON GOALIES FOR VARIOUS NET GAMES

